

CONVERSATIONAL SUPPORTS

When you're living with a heart condition, it's easy to focus only on physical symptoms. But mental and emotional well-being are just as important — they affect how you feel day to day and your overall quality of life.

If you're noticing changes in your mood, energy, or stress levels, you're not alone — and you're not doing anything wrong. Many people with heart issues experience emotional ups and downs. Talking about it, even in small ways, can help you feel more supported and connected. These conversation-starters are here to make that easier.

HOW TO TALK TO YOUR HEALTHCARE PROVIDER ABOUT MENTAL HEALTH

HOW TO TALK TO A CAREGIVER, LOVED ONE, FRIEND, FAMILY MEMBER, ABOUT MENTAL HEALTH



HOW TO TALK TO YOUR CAREGIVER, LOVED ONE, FRIEND, FAMILY MEMBER ABOUT YOUR MENTAL HEALTH

It can be hard to talk about mental and emotional health, especially with people close to you. These openers can help you share what you're experiencing in a way that feels right for you:

- "I've been feeling different lately — not just physically, but emotionally too."
- "Can I share something that's been on my mind? I think it might help to talk."
- "Would you be open to helping me figure out how to bring this up with my doctor?"
- "This is a little hard to say, but I've been feeling down/stressed/anxious/worried more often. Would you be okay listening for a minute?"
- "I think stress and worry are starting to take a toll on me. I'm not looking for solutions, just someone to hear me out. Can we talk about it?"
- "Have you noticed any changes in me lately? I'm starting to wonder if something more is going on emotionally."

Notes for myself

Think about what you want to share:

How long have you been feeling this way? What kind of support would feel helpful?

